

Welcome

Nunuyara Wellbeing Centre Inc. has been extremely busy these past few months expanding our services to the community.

On 24 February, we won \$191,400 (ex gst) in funding until 30 June 2010 to deliver Locational Supported Playgroup Services in Whyalla. (See story this newsletter)

We also won a Community Benefit Grant for \$30,000 to upgrade additional maisonettes next to Nunuyara's Centre. The upgraded maisonettes will provide a space specifically for men, another meeting room and a semi-industrial kitchen. We hope to have renovations complete by the end of 2009.

These renovations follow on from the recent upgrade of the centre and are part of our aim to provide a better environment for clients. Since the last newsletter, we have also updated our signage around the centre.

Nunuyara is one step closer to becoming accredited under Australian Health Care Standards. An Accreditation Scoping Study has been completed with Kathleen Stacey and the final report will form part of Nunuyara's application to the Office for Aboriginal and Torres Strait Islander Health for an Accreditation Grant. The 2007-2008 Budget Measure 'A better future for Indigenous Australians - establishing Quality health standards' funding is available until June 2011 to assist Aboriginal and Torres Strait Islander community controlled health services become accredited under Australian Health Care Standards.

We are also in the process of registering with the QMAX program. More on this in the next edition of Nunuyara News.

Our Healthy Ways Project Officer recently presented to the Samaritan College and has been asked to return to provide further education to students.

Please read on ... there's plenty more news including new clinics, program updates and upcoming events.

Plus we'd like to get your feedback on our services. So please email Cindy.Zbierski@health.sa.gov.au or send me a letter with your thoughts on the following:

1. What services at Nunuyara you are happy with?
2. What services at Nunuyara are you unhappy with?
3. What can we do to improve our services?
4. What other services do you think Whyalla needs for Aboriginal people?

I look forward to hearing from you.

Cindy Zbierski
Manager
Nunuyara Wellbeing Centre

Nunuyara Wins Funding for Playgroup

On 24 February 2009, Nunuyara Wellbeing Centre Inc. received advice from the Hon. Jenny Macklin MP, Minister for Families, Housing, Community Services and Indigenous Affairs that \$191,400 (ex gst) would be provided until 30 June 2010 to deliver Locational Supported Playgroup Services in Whyalla.

The funding was provided under the Expansion of Playgroups for Indigenous Families (EPIF) measure and will mean that Nunuyara can provide Indigenous families in Whyalla with opportunities to improve their children's social, emotional, physical and cognitive development. The playgroup will also provide opportunities for parents to meet socially and develop support networks to assist with parenting.

Ms Macklin congratulated Nunuyara on our success with the funding agreement saying, "I look forward to hearing about the positive outcomes your organisation can deliver to the Indigenous families in Whyalla."

In mid-April, two workers will undertake training to deliver the program.



New signage at Nunuyara Wellbeing Centre

New Clinics – Book Now!

- **Immunisations** – Lorna, Registered Nurse, is now available during 9.00am to 5.00pm to provide immunisations at Nunuyara.
- **Diabetes Screening** – Two of Nunuyara's Aboriginal Health Workers now have their Medicare Provider Numbers and can provide screening for diabetes.
- **Well Women's Training** – Lorna, Registered Nurse, has completed Well Women's Training and will be providing this service from Nunuyara.
- **Eye Clinic** – dates are still to be set for these clinics. Watch this space!
- **Dietician** – A Dietician is now available at Nunuyara.
- **Counselling** – Community Health are now visiting Nunuyara each week on Thursday's from 1.00pm. Appointments can be made at Nunuyara.

Nunyarra Board

Nunyarra Wellbeing Centre held its Annual General Meeting on 25 September 2008. 25 community representatives attended and the following board members were appointed:

Jenny Dunn
Chairperson

Wilhelmine Lieberwirth
Executive

Les Taylor
Executive

Lance Champion
Board Member

Anita Taylor
Board Member

Nicole Carter
Board Member

Rose Hillman
Board Member

Anthony Hirschausen
Board Member

Sonia Champion
Deputy Member

Edwin Peel
Deputy Member

Brenda Carter
Staff Representative

*'Working together to improve
our health - our way'*

Nunyarra News

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Wynbring Jida New Board

Wynbring Jida have nominated a new Board of Management and held an Annual General Meeting in late February. Wynbring Jida is a MACS-funded Aboriginal Child Care Centre located next to Nunyarra on Booth Street. They provide long day care and preschool programs.



*Board Members with Charles Jackson and visitors.
Back L-R: Les Taylor, Cindy Zbierski, Wilhelmine Lieberwirth,
Charles Jackson, Anthony Hirschausen, Ian Hull and Anita Taylor.
Front L-R: Brenda Carter, Jenny Dunn, Nicole Carter and
Wayne Champion*

Centre for Excellence Visits Nunyarra - By Carolyn Kittel

Mr Charles Jackson of Port Augusta visited Whyalla on Wednesday 11 February to give a talk at the monthly Nunyarra Board Meeting about the proposed plans for the Aboriginal focused 'Centre for Excellence' to be located in Port Augusta.

The Centre is a state government initiative for Aboriginal regional health where ideas for better health and illness management can be shared, listened to, researched and ultimately carried out by the Indigenous community to achieve culturally appropriate best practices.

Mr Jackson explained that at present the 'gap between Aboriginal health and mainstream health is a 17 to 1 ratio'. The prime aim of this Country Health SA project is to positively close this gap, with extensive input from the Aboriginal community, and endeavour to make health services equal and equitable for Indigenous people both in the state and nationwide.

Members of Nunyarra were invited to join the steering committee for this exciting new project which will be the first centre established nationally. Port Augusta was chosen as the site because it can be accessed by other cities and towns in close proximity.

Recommendations will be put forward from various groups and areas of the Aboriginal community and ideally result in 'sharing best

models of Aboriginal health practice' for the Aboriginal communities in the region'. "This centre will be the first of its type in Australia", Mr Jackson said.

Nunyara Wellbeing Centre Manager Ms Cindy Zbierski commented that the Centre of Excellence is a good initiative in terms of best practice models of care and will become a hub for research and evaluation for Aboriginal health in South Australia and a benchmark for other states.

NAIDOC Week – Register Now!

Nunyara will celebrate NAIDOC Week, 5-12 July, with an 'Honouring our elders, nurturing our youth' theme. Register your interest at Nunyara to volunteer for NAIDOC week activities.

Nunyara in Training

All Nunyara Board members except two have now undertaken Governance Training with the Aboriginal Affairs and Reconciliation Division. The training was held in Port Lincoln on 24-26 February with the objectives to:

1. Introduce basic principles and concepts of good corporate governance.
2. Identify techniques and tools to assist with good corporate governance practice.
3. Assist participants to know how to comply with the legal requirements of registration under the Corporations (Aboriginal and Torres Strait Islander) Act 2006 (the CATSI Act) or the Associations Incorporated Act 1985 (SA).

Nunyara's AMIC Workers are currently undertaking clinical training at the hospital two days a week and also attended the Core of Life Training in Port Augusta in late February.

Eight participants from Whyalla are undertaking the Primary Health Care Certificate III and IV through the Aboriginal Health Council of SA Inc.

All Nunyara Health Workers have undertaken the Flinders Model of Chronic Conditions Self Management Education and Training. The training provided:

1. An understanding of the theory and evidence of chronic condition self-management.
2. An understanding of the Stages of Change and motivation and problem-solving.
3. Ability to use self-management assessment tools (including the Partners in Health Scale and Cue & Response interview).
4. Ability to use the Problems & Goals Assessment tool.
5. Ability to develop a self-management Care Plan.
6. An understanding of a range of self-management interventions and strategies.

Grannies Group Visit

In February, the Grannies Group from Adelaide visited Whyalla Aboriginal Elders to provide networking and peer support.

Men's Group

The Men's Group is back again this year, commencing on 13 February. The group has made a lot of contacts over the last few weeks and hopefully will be included in other workshops, conferences and a camp happening around the state.

Men's Group activities run every fortnight. A copy of the dates and times will be forwarded to men of the community or you can call Leonard or Pete at Nunyara on (08) 8649 4366.

Men's Camp at Coorabie

Two men from Whyalla along with 77 others from Port Lincoln (6), Port August (10), Maree (8), Adelaide (9), Noarlunga (13) and Ceduna (31), attended the Men's Camp at Coorabie between Yalata and Nundroo from 27-31 October 2008.

The purpose of the men's camp was to assist men suffering from substance misuse and other related issues.

A group of men kicked off the camp by travelling to Fowler's Bay to inspect the area and another group set up camp at Coorabie while waiting for the rest of the men to arrive.

Events throughout the week included fishing and other activities at Scott's Beach, hunting, sharing stories around a campfire, a movie and music night.

The camp was hosted by Ceduna/Koonibba Aboriginal Health Service. Spokesperson Lincoln Dudley said, "Everyone who attended from each community enjoyed the camp... And we're looking forward to next year's camp."



Men from around South Australia attending the camp at Coorabie

Nunuyara to use Communicare System

Nunuyara, Pika Wiya and Ceduna/Koonibba Aboriginal Health Service are to join the existing 80% of Aboriginal Health Services in Australia that currently use the Communicare Patient Information Recall System (PRIS).

The Communicare (PRIS) is specifically designed for primary health care providers with a focus on Aboriginal community medical services.

Created specifically for use by Aboriginal Health Workers, Medical Officers and Nursing staff, the emphasis of Communicare is on flexibility in preventative and managed health care with detailed medical record-keeping and easy reporting, combined in one-easy-to-use system.

The system can be accessed by health professionals at all levels, has many in-built security features and can be customised to suit the needs of the community where it is situated.

Importantly, Communicare can provide health services with an Australia wide link to patient databases and information.



*At the signing off of the Communicare project are:
Back L-R: Damon Moldrich (Country Health SA), Oshim Somers (SA Health), Jenny Dunn (Nunuyara). Front L-R: Tauto Sansbury (Ceduna/Koonibba), Cephass Stanley (Pika Wiya) and Cindy Zbierski (Nunuyara)*



Staff Profile

*Melissa Stewart
Administration Trainee*

Melissa has been employed since early December 2008 as an Administration Officer.

Melissa's paternal ancestry is from the Narungga people of Point Pearce with Melissa's Grandfather originally from the Kaurna people and her maternal links are to the Dieri people of Broken Hill.

Having lived all her life in Whyalla, Melissa says she is keen to stay here forever as it "just feels like home", and says that when travelling away from Whyalla for too long, she yearns to return.

While on the job, Melissa is thoroughly enjoying learning new skills, meeting different people and taking on various tasks at the Nunuyara reception desk. She studies at TAFE two days a week and works three days a week. Melissa says "I am very proud I am working at Nunuyara and enjoy helping clients find their right pathways."

Melissa's bright smile and cheery personality should see her go a long way towards meeting her future goals. She would like to do well with her traineeship and then carry on to further study, possibly in the health field.

Remember Sorry Day! 25 May 2009



Sorry Day breakfast 2008